

### **ABSTRACT**

A method for engaging in an activity, the activity to be engaged in by a plurality of players, each player provided with at least one disc with identifying indicia, the method including each player throwing at least one disc at a target, the at least one disc having an aerodynamic airfoil profile, each disc having identifying indicia for identifying the player throwing said disc, and scoring for each player based on a final resting location of said at least one disc; and a method for engaging in an activity, the activity to be engaged in by at least two players, the players divided into a first team and a second team each team with at least one player, the first team provided with at least one disc, the method including at least one player of the first team throwing the at least one disc at a player of the second team.